

## **WHAT IS HOT FLASHES IN MENOPAUSE PERIOD?**

Hot flashes are one of the most common signs of perimenopause, the years leading up to menopause. Menopause, when your period stops for good, typically happens between age 45 and 55. Some women experience the heat and flushing of hot flashes without sweating, while others sweat so much they need a change of clothes.

## **REASONS HOT FLASHES IN MENOPAUSE PERIOD**

Hot flashes can also cause sweating, and if you lose too much body heat, you might feel chilled afterward. Although other medical conditions can cause them, hot flashes most commonly are due to menopause — the time when menstrual periods become irregular and eventually stop.

## **SYMPTOMS OF HOT FLASHES INCLUDE:**

- Having skin that suddenly feels warm.
- Experiencing redness of the skin on the face, neck, ears, chest, or other areas.
- Sweating, especially in the upper body.
- Tingling in your fingers.
- Experiencing a heartbeat that is faster than usual.

## **NEUROTHERAPY TREATMENT**

- (6) Rt Ov
- (6) Lt Ov
- (2) Pit
- (20) Round arrow
- (6) Adr